

WEEKLY MENU

WEEK 3

MONDAY

PIZZA
FRESH FRUIT & CRUDITÉS WITH HUMMUS

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TUESDAY

BAGELS WITH A CHOICE OF HAM/CHEESE/CHICKEN OR TUNA
FRESH FRUIT & CRUDITÉS WITH HUMMUS

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WEDNESDAY

WRAP WITH CHICKEN NUGGETS AND LETTUCE
FRESH FRUIT & CRUDITÉS WITH HUMMUS

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THURSDAY

SANDWICHES WITH A CHOICE OF HAM, CHEESE OR CHICKEN AND NACHO'S
FRESH FRUIT & CRUDITÉS AND HUMMUS

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FRIDAY

VEGETARIAN HOT DOG IN A BUN
FRESH FRUIT & CRUDITÉS AND HUMMUS

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ALL SPECIAL DIETARY REQUIREMENTS CATERED FOR, AND AN ALTERNATIVE CHOICE
OF CRACKERS IS OFFERED DAILY.
REFRESHMENTS AVAILABLE THROUGHOUT THE SESSIONS.

